



Employee Assistance Program

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Confront spiraling healthcare costs, absenteeism, and lost productivity through The Village Business Institute's (VBI) Wellness Resources and Trainings, Health and Productivity Services and Crisis Management Services.

Wellness Trainings

- ___ Life/Work Balance
- ___ Coping With Change
- ___ Managing Stress
- ___ Conflict Resolution
- ___ Building a Positive Attitude
- ___ The Juggling Professional – Creating a Balance of Work/Home Life
- ___ Shape Shifters – Professionals Coping with Constant Change
- ___ Planning and Navigating Change in Teams and throughout the Organization
- ___ Beat the Clock – Enhancement of Time and Stress Management Skills
- ___ Preparing for Retirement – Mentally, Physically, and Emotionally
- ___ Money Sense – Financial Preparedness
- ___ Don't Worry, Be Happy – Building a Positive Attitude at Work
- ___ Overcoming Negative Attitudes and Behaviors in the Workplace
- ___ He Said, She Said – Improving Cross Gender Communications
- ___ Want More Happy Holidays? – Ways to Manage Holiday Stress

Health and Productivity Services Program (HPSP)

- ___ Health and Productivity Services Consultation
- ___ Health Risk Assessment (HRA)
- ___ Personal Counseling Services

Crisis Management Services

- ___ CISM – Responding to critical incidents at work through stages of grief
- ___ Drinker's check-up - Addressing Alcoholism - A resource clients can access via EAP

*The Village Business Institute is able to customize trainings and wellness programs to fit each organizations needs and requests.